

Recipe Name: Zucchini Oatmeal Omelette Recipe

Diet Type:

Course: World Breakfast

Cuisine: French

Quantity:



Ingredients

Ingredient	Quantity
• 4 Whole Eggs	3
• 1 Green zucchini - grated	
• 1 Onion - finely chopped	
• 1/2 cup Coriander (Dhania) Leaves - finely chopped	
• 1 Green Chilli - finely chopped	
• 2 tablespoons Instant Oats (Oatmeal)	
• 1/2 teaspoon Black pepper powder - (or to taste)	
• Salt - to taste	
• Sunflower Oil - for brushing	

Preparation

- To begin making Zucchini Oatmeal Omelette Recipe, grate the zucchini, transfer to a mixing bowl, and add a little salt and mix.
- Let it stand for a few minutes so it releases most of water in zucchini.
- Squeeze all the water out from the zucchini and keep aside.
- Now, take a bowl, whisk in the eggs till they are light and fluffy.
- Add the chopped onion, zucchini, green chilli, oats flour, salt and pepper and mix well to get a fluffy omelette mixture.
- Now, heat the skillet on medium flame, brush a little oil over the skillet.
- Take a small laddle full of the egg mixture and pour it over the skillet to form small 3 inch diameter sized disc.
- Pour a little oil on the sides and let it cook for 2 minutes.
- Flip over, let the other side cook for another 2 minutes.
- Once done, remove it in a plate and proceed to prepare the similar mini omelettes from the remaining egg mixture.
- Serve the Zucchini Oatmeal Omelette Recipe along with a glass of freshly made Chocolate Banana



Smoothie Recipe or Apple Almond Date Smoothie Recipe and with a slice of bread toast.

Macronutrients

Calories (kcal) Protein (g) Carbs (g) Fat (g) Fiber (g) Sugar (g)

